

Intervention: Cessation programs for adolescents

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

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| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments (PCRS) | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other |

Findings from the systematic reviews:

A study of 34 adolescent tobacco cessation and prevention trials conducted by Sussman, et al., found sufficient evidence that these programs are effective in reducing tobacco use. Cessation programs that focus on immediate consequences of use and instruction in coping strategies are most successful. Prevention programs also lead to cessation, especially for younger, less frequent tobacco users. The Lantz, et al., review also suggests that adolescent smoking cessation programs should be accelerated.

References:

Lantz PM, Jacobson PD, Warner KE, Wasserman J, Pollack HA, Berson J, Ahlstrom A. Investing in youth tobacco control: a review of smoking prevention and control strategies. Tobacco Control 2000; 9: 47-63.

Sussman S, Lichtman K, Ritt A, Pallonen UE. Effects of thirty-four adolescent tobacco use cessation and prevention trials on regular users of tobacco products. Substance Use and Misuse 1999, 34(11): 1469-1503.